



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01067, Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Report Date: July 05, 2017 03:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:5.71

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	1 fl oz 30g	1 cup 240g	0.5 cup 120g
Proximates								
Water	g	77.27	11	1.107	11.59	23.18	185.45	92.72
Energy	kcal	136	--	--	20	41	326	163
Energy	kJ	568	--	--	85	170	1363	682
Protein	g	1.00	14	0.118	0.15	0.30	2.40	1.20
Total lipid (fat)	g	9.97	42	0.276	1.50	2.99	23.93	11.96
Ash	g	0.38	6	0.091	0.06	0.11	0.91	0.46
Carbohydrate, by difference	g	11.38	--	--	1.71	3.41	27.31	13.66
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	11.38	--	--	1.71	3.41	27.31	13.66
Minerals								
Calcium, Ca	mg	9	8	2.463	1	3	22	11
Iron, Fe	mg	0.03	5	0.030	0.00	0.01	0.07	0.04
Magnesium, Mg	mg	0	3	0.333	0	0	0	0
Phosphorus, P	mg	64	8	13.333	10	19	154	77
Potassium, K	mg	191	6	39.601	29	57	458	229
Sodium, Na	mg	67	--	--	10	20	161	80
Zinc, Zn	mg	0.02	1	--	0.00	0.01	0.05	0.02
Copper, Cu	mg	0.000	--	--	0.000	0.000	0.000	0.000
Manganese, Mn	mg	0.000	--	--	0.000	0.000	0.000	0.000
Selenium, Se	µg	1.1	--	--	0.2	0.3	2.6	1.3
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	1 fl oz 30g	1 cup 240g	0.5 cup 120g
Thiamin	mg	0.000	--	--	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	3	--	0.000	0.000	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0	0
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	0	--	--	0	0	0	0
Folate, DFE	µg	0	--	--	0	0	0	0
Choline, total	mg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	0	2	1
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	9	--	--	1	3	22	11
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	15	--	--	2	4	36	18
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.81	--	--	0.12	0.24	1.94	0.97
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	2.5	--	--	0.4	0.8	6.0	3.0
Lipids								
Fatty acids, total saturated	g	1.937	--	--	0.291	0.581	4.649	2.324
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.005	7	0.002	0.001	0.002	0.012	0.006
10:0	g	0.013	7	0.007	0.002	0.004	0.031	0.016
12:0	g	0.062	7	0.033	0.009	0.019	0.149	0.074
14:0	g	0.019	7	0.006	0.003	0.006	0.046	0.023

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	1 fl oz 30g	1 cup 240g	0.5 cup 120g
16:0	g	0.884	7	0.106	0.133	0.265	2.122	1.061
18:0	g	0.976	7	0.056	0.146	0.293	2.342	1.171
Fatty acids, total monounsaturated	g	7.551	--	--	1.133	2.265	18.122	9.061
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	7.559	7	0.243	1.134	2.268	18.142	9.071
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.027	--	--	0.004	0.008	0.065	0.032
18:2 undifferentiated	g	0.022	7	0.008	0.003	0.007	0.053	0.026
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Phytosterols	mg	13	--	--	2	4	31	16
Amino Acids								
Tryptophan	g	0.015	--	--	0.002	0.004	0.036	0.018
Threonine	g	0.043	--	--	0.006	0.013	0.103	0.052
Isoleucine	g	0.056	--	--	0.008	0.017	0.134	0.067
Leucine	g	0.085	--	--	0.013	0.026	0.204	0.102
Lysine	g	0.068	--	--	0.010	0.020	0.163	0.082
Methionine	g	0.015	--	--	0.002	0.004	0.036	0.018
Cystine	g	0.018	--	--	0.003	0.005	0.043	0.022
Phenylalanine	g	0.055	--	--	0.008	0.017	0.132	0.066
Tyrosine	g	0.037	--	--	0.006	0.011	0.089	0.044
Valine	g	0.056	--	--	0.008	0.017	0.134	0.067
Arginine	g	0.080	--	--	0.012	0.024	0.192	0.096
Histidine	g	0.028	--	--	0.004	0.008	0.067	0.034
Alanine	g	0.047	--	--	0.007	0.014	0.113	0.056
Aspartic acid	g	0.125	--	--	0.019	0.037	0.300	0.150
Glutamic acid	g	0.201	--	--	0.030	0.060	0.482	0.241

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container, individual 15g	1 fl oz 30g	1 cup 240g	0.5 cup 120g
Glycine	g	0.047	--	--	0.007	0.014	0.113	0.056
Proline	g	0.060	--	--	0.009	0.018	0.144	0.072
Serine	g	0.057	--	--	0.009	0.017	0.137	0.068
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0